SIXTEEN HOURS IN THE LAND OF OZ

METRO SPENDS A DAY WITH DR. MEHMET OZ. PAGE 24

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Wednesday, July 10, 2013 www.metro.us | t: MetroPhilly | f: MetroPhilly

Left out in the cold

Claims. The Poor People's Economic Human Rights Campaign filed criminal charges against a Low Income Home Energy Assistance Program official, saying households eligible for emergency utility relief were not considered. **Vulnerable citizens.** Advocates are saying they were not adequately protected during freezing winter months. **Suit.** Complaints against the official include harassment. PAGE 04

Quoted

"What we want to do is make people feel welcome, create great memories and want them to come back."

CEO Jack Ferguson

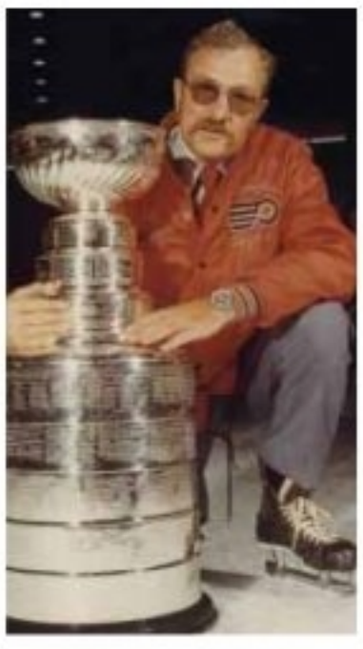
DISHING UP
WARMER PHILLY HOSPITALITY

PAGE 02

The Philadelphia Convention and Visitors Bureau unveiled PHL Welcomes U!, a training program to better learn hospitality in this City of Brotherly Love. / ISTOCKPHOTO

Fred Shero makes Hall of Fame, but Lindros out

PAGE 28



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1 NEWS

Top 3

Trending online at Metro.us

1 VIDEOS: 'Cute dogs to get you through the dog days of summer'

2 'Apple to give away free apps starting Wednesday'

3 VIDEO: 'Amputee builds Lego leg'

Local Tweet

"Finally!!! Fred Shero is a Hall of Famer!!! #Flyers"

@nickhlywiak, on the induction of the late Flyers head coach into the Hockey Hall of Fame

Philly workers can use some brotherly love

Rude. A website offers free online hospitality training for Philly workers and residents.

C'mon, brother, where's the love?

Apparently, there are some rude Philadelphia workers, and it's offending some out-of-towners. So, some city agencies put together a voluntary free online hospitality training program for city workers.

The program, PHL Welcomes U!, aims to arm workers and residents with more people skills to potentially give visitors a more positive experience.

"Sometimes, we're perceived as edgy," said Jack Ferguson, CEO of the Philadelphia Convention and Visitors Bureau, which launched the program. "And some people will say it's not warm and friendly. What we want to do is make people feel welcome, create great memories and want them to come back."

The newly expanded Convention Center is expected to see a decline in reservations starting next year, according to a report by AxisPhilly.org, because members of the carpenters' union allegedly weren't playing nice. Customer dissatisfaction was expressed with the union, which helps set up shows.

Ferguson added that the Convention Center Authority was working with the unions and full-time employees on a hospitality training program that was then repackaged for the rest of the city. "We took it one step further and incorporated people outside the building," Ferguson noted.

The Philadelphia Parking Authority has been featured on the TV show "Parking Wars," which showcased the authority's hallmark take-no-crap approach to parking violations.

Susan Cornell, PPA senior director of administration, said it's hard to judge the workers by the show alone.

"Nobody likes to get a ticket, that's the bottom line," Cornell said. "When you're on the other end of getting a ticket, it's hard to be like, 'Oh, they're just doing their job.'"

Cornell said the hospitality program would be beneficial for parking enforcement officers when they aren't issuing citations so they can be ambassadors to residents and visitors alike.

"That way, I think we can really make a difference," she said.

A video tutorial at www.phlwelcomesu.com said the course is so "Philadelphians can come to learn how to make great first impressions."

Also, it says it's where employees can learn "how to represent our city and state to newcomers and visitors," and also "how to treat guests so they want to come back and share their experiences with friends and family."

And, essentially, "How to make Philadelphia an even better place to live."

TOMMY ROWAN
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Customer service

We need to be more 'user friendly'

Richard Negrin, the city's managing director, noted that as the city leans more toward becoming an international city, it's important for every company and organization to make a more concerted effort to be more "user friendly."

"We're all in the customer service business, regardless of who you are, whether you are a deputy mayor or whether you're that person at the reception desk" he said. "And that we can all work hard to improve."

Quoted

When asked if employees featured on the "Parking Wars" television show should undergo some hospitality training, Negrin said: "Everybody can."

No bricks during this basketball break

Roland Blue, left, and Terrell Richardson took in some hoops at the Hank Gathers Recreation Center on Diamond Street in North Philadelphia yesterday. / KEVIN COOK, METRO

Collide. SEPTA bus crash injures six, including two kids

Six people — including two children — were injured early yesterday morning in a SEPTA bus crash, officials said.

The Route 42 bus collided with a pickup truck at the intersection of 62nd and Spruce streets in West Philadelphia, according to SEPTA Spokeswoman Heather Redfern.

The truck ran a red light and hit the bus as it was heading eastbound, Redfern said.

Five bus passengers were injured, including two children under the age of three. The truck driver also sustained minor injuries. None of the injuries were life-threatening, Redfern said. TOMMY ROWAN

Total wrecks

Eleven killed in car crashes

Eleven people were killed and 241 injured in car crashes over the July 4 holiday weekend in Pennsylvania, state police reported. The death toll increased from the same period last year, during which nine were killed and 312 injured.

State police said 67 of the accidents were alcohol-related, including four that resulted in deaths. Troopers also arrested 411 people for driving under the influence. METRO

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Charges filed over LIHEAP's grant process

Backlog. Advocates filed criminal charges against a state official for allegedly failing to process energy grant applications.

Advocates with the Poor People's Economic Human Rights Campaign yesterday filed criminal charges against Catherine Buhrig, the state's's division director for federal programs, who oversees the state's Low Income Home Energy Assistance Program.

LIHEAP, through the Pennsylvania Department of Public Welfare, administers federal funds in the form of cash grants to low-income residents at risk of utility termination January through April.

But activists claim a massive backlog during the most recent home-heating season caused administrators to overlook thousands of applications before the end of the enrollment period, leaving many households that applied for emergency relief out in the cold.

"Why is it we live in a state where, if you let your dog freeze to death, you face criminal charges, but if [officials] let my kids freeze to death, or a senior down the block, it's not a criminal manner?" campaign coordinator Cheri Honkala said. She filed a complaint against Buhrig alleging simple assault and harassment for what she claims is a failure to adequately protect the state's most vulnerable citizens.

Other speakers at a contentious public hearing yesterday blasted state officials for practices they claim caused the delay. "The DPW should be ashamed," said Michael D'Amico, a state employee who has for 31 years processed LIHEAP applications and also represents social services workers' union SEIU Local 668. "There was a backlog of 14,000 LIHEAP applications at the end of the program on April 26, 2013. That's 14,000 families in danger of losing heat or hot water."

ALEX WIGGLESWORTH
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Logjam logic

Officials and advocates gave several reasons for the state's application backlog.

- Staffing shortages slow the processing of phone and mail applications.
- Philadelphia has just one office where residents can apply in person.
- The state this year forced caseworkers who also handle medical assistance and food stamps to also process LIHEAP applications, adding to their burden.

An exhibit for a contemporary cause

Gallerist Bridgette Mayer yesterday opened the exhibit Benefit Exhibition for BalletX, a group exhibition to support contemporary ballet company BalletX, at her gallery on Walnut Street.

KEVIN COOK, METRO

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2013

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RESIDENTS CASH IN: Pictured above are the Overstuffed Money Bags containing 10 individual Vault Bags full of money that everyone is trying to get. That's because each Vault Bag is known to contain over 100 U.S. Gov't issued coins some dating back to the early 1900s.

State zip codes determine who gets free Silver coins

Vault bags loaded with U.S. Gov't issued coins are up for grabs as thousands of U.S. residents stand to miss the deadline to claim the money; now any U.S. resident who finds their zip code listed below a gets to claim the bags of money for themselves and keep any valuable coins found inside by covering the Vault Bag fee within the next 2 days

The phone lines are ringing off the hook.

That's because for the next 2 days Vault Bags containing valuable U.S. Gov't issued coins are actually being handed over to U.S. residents who find their zip code listed in today's publication.

"Now that the bags of money are up for grabs U.S. residents are claiming as many as they can get before they're all gone. That's because after the Vault Bags were loaded with over 100 U.S. Gov't issued coins the bags were sealed for good. But we do know that some of the coins date clear back to the early 1900s, including: a 90% pure Silver Walking Liberty Half Dollar, an Eisenhower Dollar, some of the last ever minted U.S. Dollars, Kennedy Half Dollars, Silver Mercury Dimes, rarely seen Liberty 'V' Nickels, nearly 100 year old Buffalo Nickels and unsearched currently circulating U.S. Gov't issued nickels, dimes and quarter dollars, but there's no telling what you'll find until you sort through all the coins." said Timothy J. Shissler, Chief Numismatist for the private World Reserve.

The only thing residents need to do is call the National Claim Hotline before the 2-day order deadline ends.

Everyone who does is being given the 90% pure Silver Walking Liberty coin for free just by covering the fee for each Vault Bag loaded with over 100 U.S. Gov't issued coins for only $99 as long as they call before the deadline ends.

So, if lines are busy keep trying, all calls will be answered. ■

▸ How to claim the bags of U.S. Gov't issued coins: Read the important information below. Then call the National Claim Hotline at: **1-888-282-6742**

▸ I keep calling and can't get through: This announcement is being so widely advertised because each Vault Bag is guaranteed to contain a free Silver Walking Liberty coin and just that one coin alone could be worth $15 to $325 in collector value. So thousands of residents are calling to claim as many Vault Bags as they can get before they're all gone. In fact, since the Vault Bag fee is just $99 everyone is claiming as many bags as they can before the deadline ends. So if lines are busy keep trying, all calls will be answered.

▸ How much are the Vault Bags worth: Coin values always fluctuate and there are never any guarantees, but here's why U.S. residents are claiming as many Vault Bags as they can get before they're all gone. After the Vault bags were loaded with over 100 U.S. Gov't issued coins including: Silver, scarce, highly collectible, and a big scoop of unsearched currently circulating U.S. Gov't issued coins the bags were sealed for good. But we do know that some of the coins date back to the 1900s. That means there's no telling what you'll find until you sort through all the coins. So you better believe at just $99 the Vault Bag fee is a real steal since the free Silver Walking Liberty coin alone could be worth from $15 to $325 in collector value.

▸ Are the Silver Walking Liberty coins really Free: Yes. U.S. residents who beat the 2-day deadline are getting a Silver Walking Liberty coin minted between 1916-1947 free with each Vault Bag they claim.

▸ Why is the Vault Bag fee so low: Because thousands of U.S. residents have missed the deadline to claim the money the World Reserve has re-allocated Vault Bags that will be scheduled to be sent out in the next 2 days. That means the money is up for grabs and now any resident who finds the first two digits of their zip code on the Distribution List below gets to claim the bags of money for themselves and keep all the U.S. Gov't issued coins found inside. Each Vault Bag fee is set at $149 for residents who miss the 2-day deadline, but for those who beat the 2-day deadline the Vault Bag fee is just $99 for as long as they call the National Claim Hotline before the deadline ends at: **1-888-282-6742**.

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Gunfire

Two shot in Lawncrest

Two men were in stable condition yesterday after being shot during an attempted robbery. Police said one man, 23, was shot in the head, while a second man, 19, was shot in the ankle at about 12:15 a.m. METRO

Manhunt

Serial bank robber sought

A fugitive who officials are calling a serial bank robber allegedly struck again yesterday afternoon. Authorities said Carl Goodwin, 27, shortly before 4 p.m. stuck up a Wells Fargo Bank branch in Harrowgate.

Goodwin is also believed to have robbed at least four other Philadelphia banks within the past three weeks.

The Philly native has been on the run since he escaped from a federal halfway house last month, and police have named him a suspect in the June 17 armed robbery of a Dunkin' Donuts on Germantown Avenue. METRO

Goodwin / FBI

Rev. Jeffery Jordan, left, and his husband, David Picket, celebrated DOMA's ruling June 26. / CHARLES MOSTOLLER, METRO

Suit takes on state's DOMA law

LGBT. The ACLU filed a federal lawsuit yesterday in an attempt to overturn the same-sex marriage ban.

The American Civil Liberties Union of Pennsylvania yesterday filed a federal lawsuit in an attempt to overturn Pennsylvania's Defense of Marriage Act — the language of which is nearly identical to that of the federal DOMA recently deemed unconstitutional by the U.S. Supreme Court.

The suit, being handled by volunteer attorneys from the firm Hangley Aronchick Segal Pudlin & Schiller, was brought forth on behalf of 21 Pennsylvanians who either wish to get married in the state or want the commonwealth to recognize their out-of-state marriages.

"The couples in this lawsuit are united by love, family and commitment, which are the cornerstones of marriage," ACLU of Pennsylvania legal director Witold Walczak said. "They are married in every sense of the word, except one — under Pennsylvania law. Today's suit seeks to give Pennsylvania's same-sex couples the freedom to marry."

The lead plaintiffs are Deb and Susan Whitewood, of Allegheny County, who, in 2001, entered into a civil union in Vermont, but are still treated as "legal strangers" under Pennsylvania law.

"It is shameful that Pennsylvania denies some families the dignity and respect that can only come with marriage," ACLU of Pennsylvania executive director Reggie Shuford said. "It's wrong that the state where these couples live, work and raise families treats them as second-class couples."

ALEX WIGGLESWORTH
awigglesworth@metro.us

Quoted

"We believe that this law cannot stand under any level of scrutiny, because excluding same-sex couples from marriage does not further any legitimate government interest."

Mark Aronchick, attorney

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NCR-AO

Canada. Quest for answers begins in deadly rail explosion

Investigators seeking the cause of the deadly train crash in the tiny Quebec town of Lac-Megantic were focusing yesterday on the train's brakes, the railway company's own regulations and whether Canada needs tougher train-transport standards.

Transportation Safety Board of Canada officials said more than a dozen investigators were examining every angle of the accident, in which a runaway train hauling 72 cars of crude oil derailed in the lakeside town and exploded. REUTERS

Dead or missing

50

About 50 people are either confirmed dead or are still missing, likely turning the accident into North America's worst rail disaster since 1989.

Crews dig through the rubble in the town center of Lac-Megantic in search of clues to the disaster. / GETTY IMAGES

Pilots union says crash probe revealed too much, too fast

Criticism. NTSB gave a detailed account of the flight's final minutes in a regular daily crash update.

An Asiana Airlines flight en route to South Korea taxis by the wreckage of Asiana Airlines Flight 214 as it sits on runway 28L at San Francisco International Airport. / GETTY IMAGES

The world's largest pilot union rebuked the federal agency handling the investigation of Saturday's passenger jet crash in San Francisco, saying it had released too much information too quickly, which could lead to erroneous conclusions and compromise safety.

Releasing data from the flight's black boxes without full investigative information for context "encourages wild speculation" about the cause of the crash, the Air Line Pilots Association International said in a statement on Monday.

The NTSB is the lead investigator of Asiana Airlines Flight 214, a Boeing 777 that broke apart and burned after crash-landing short of the runway. Two teenage Chinese passengers were killed, and more than 180 others were injured in the first fatal accident involving a 777 since the plane was introduced in 1995.

Answering ALPA's criticism, NTSB spokeswoman Kelly Nantel said the agency routinely provided factual updates during investigations.

NTSB Chairwoman Deborah Hersman told reporters on Monday that the plane was significantly below its target landing speed for more than half a minute before impact. That information expanded on data Hersman released Sunday that indicated the plane was below speed during the final seven seconds.

Hersman said the plane was traveling at 134 knots, or nautical miles per hour, 34 seconds before impact, well below the target landing speed of 137 knots. The plane continued to slow down, and when it hit the ground the speed was 106 knots, she said. REUTERS

Quoted

"For the public to have confidence in the investigative process, transparency and accuracy are critical." Nantel

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Senate. Top Democrat threatens move to put an end to filibusters

Senate Majority Leader Harry Reid, frustrated by a dysfunctional and unpopular Congress that has been unable to perform basic tasks such as agreeing on a federal budget, may soon seek an unprecedented rules change in the Senate.

The Nevada Democrat's aim would be to strip Republicans of their ability to stop President Barack Obama's judicial and executive branch nominees with procedural roadblocks known as filibusters, which also have been used to halt much of the president's legislative agenda.

Republicans charge that such a move would effectively turn the 100-member Senate into the House of Representatives, where the rules already allow the chamber's majority to virtually ignore the minority. **REUTERS**

WikiLeaks

Snowden has not yet accepted Venezuelan asylum offer

Edward Snowden has not yet formally accepted asylum in Venezuela, WikiLeaks said yesterday after a Russian lawmaker posted a statement to that effect on Twitter and then deleted it.

WikiLeaks, on its own Twitter feed, said that states involved in deciding an asylum destination for Snowden "will make the announcement if and when the appropriate time comes." **REUTERS**

US considers pulling all troops from Afghanistan

U.S. Army soldiers walk to their C-17 cargo plane for departure May 11, 2013, at Bagram Air Field, Afghanistan. / GETTY IMAGES

Troops. Afghan officials were skeptical that the U.S. would consider a complete withdrawal.

The United States is considering pulling out all its troops from Afghanistan next year, U.S. officials said, amid tension between President Barack Obama's administration and Afghan President Hamid Karzai's government.

Obama is committed to wrapping up U.S. military involvement in Afghanistan by the end of 2014, but the United States has been talking with officials in Afghanistan about keeping a small residual force there of perhaps 8,000 troops.

U.S. officials did not deny a report that Obama has become frustrated by his dealings with Karzai. Their relationship fell to new depths after last month's U.S. move to open peace talks with the Taliban, which led Karzai to suspend talks on a security pact between the two allies.

A June 27 video conference between Obama and Karzai aimed at lowering tensions ended poorly, the New York Times reported, citing U.S. and Afghan officials with knowledge of the conversation. **REUTERS**

Troops

63K

The number of U.S. troops in Afghanistan — now around 63,000 — already is set to decline to 34,000 by February, the Times stated.

Aid. Egypt wins Arab billions, names a new interim head of state

Gulf states showered Cairo with $8 billion in aid yesterday, showing their support for the Egyptian army's move to push the Muslim Brotherhood from power, a day after troops killed dozens of the movement's supporters.

Military-backed interim head of state Adli Mansour named a liberal economist as acting prime minister and announced a faster-than-expected timetable for elections in six months.

Mansour's army backers are under pressure to plot a path back to democracy less than a week after they overthrew Egypt's first freely elected president, the Brotherhood's Mohammed Morsi.

The country is now more divided than ever in its modern history after 55 people were killed when troops opened fire on Brotherhood supporters in the capital. The movement says the victims were praying in peace; the government blames the Islamists for provoking the violence by attacking the soldiers.

Mansour, a judge installed as acting president when the military removed Morsi, named Hazem el-Beblawi as interim prime minister. He served briefly as finance minister in 2011. REUTERS

Aid

$1B

The United Arab Emirates offered a grant of $1 billion and a loan of $2 billion.

More aid

$3B

Saudi Arabia offered $3 billion in cash and loans, and $2 billion' worth of much-needed fuel.

Ohio women freed from abduction release video

An FBI missing person sign decorated by well-wishers stands in front of the family home of Gina DeJesus, one of the women who was held captive for a decade. / GETTY IMAGES

Captive. The video provided the first sustained glimpse of all three women since their release.

Three women who spent a decade imprisoned in a Cleveland home spoke publicly for the first time since they were freed, with the longest-held captive saying in a video released on Tuesday: "I will not let the situation define who I am."

The Ohio women — Amanda Berry, 27; Gina DeJesus, 23; and Michelle Knight, 32 — thanked those who gave them emotional and financial support since they emerged May 6 from the dungeon-like house of former school bus driver Ariel Castro. Also rescued was Berry's 6-year-old daughter, born in captivity during the decade of brutality and sexual assault.

Knight, the first woman taken captive, said on the video that she was "looking forward to my brand-new life" and thanked supporters for helping her begin her recovery.

"I may have been through hell and back, but I'm strong enough to walk through hell with a smile on my face and with my head held high, and my feet firmly on the ground," said Knight, whom Castro is accused of beating to induce miscarriages.

Her chestnut hair trimmed in a stylish pixie cut, Knight wore purple glasses and a silver cross necklace. REUTERS

Quoted

"Everyone respect our privacy and give us time to have a normal life." Berry

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2

CULTURE

Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Ewan McGregor is feeling French and Mindy Kaling feels women are being shortchanged.

@mcgregor_ewan: Bonjour tout le monde.

@mindykaling: I have found, in my travels, that men's razors, men's deodorant, and men's watches are better than women's.

Nick Lachey sings for his dinner

Nick Lachey turned up the heat during a brief tour stop in New York on Monday to help launch Wendy's new Pretzel Bacon Cheeseburger with fans' love-filled tweets for its #PretzelLoveSongs campaign.

The '90s heartthrob, back on tour with a reunited 98 Degrees, gave an intimate performance at a Midtown Wendy's, singing songs based on some tweets about the burger chain's latest creation. Yes, you read that correctly.

"It's not the easiest thing to write a song out of tweets," Lachey said about Monday night's performance. He created a song especially for the event, serenading the crowd with lines like "Pretzel buns I am a fan... hashtag."

(The Word really wants to know what his paycheck was for this. Let's hope it wasn't just in Pretzel Bacon Cheeseburgers, even though the singer admitted that he's "a huge pretzel guy.")

Lachey was right back on the road after the event to prepare for the West Coast leg of the tour, where 98 Degrees performs alongside New Kids on the Block and Boyz II Men in a teen idol reunion tour collectively called "The Package."

Now 39, life on the road comes with different responsibilities for Lachey and his wife Vanessa, who are bringing their newborn son, Camden, along for the ride.

"It's cool to come offstage and know your family is there and your son is sleeping in a crib on the bus," he said. — With reporting by Chris Longo

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
@dorothyatmetro
dorothy.robinson@metro.us

Ali Landry on her post-baby body

Former Doritos girl (and the former Mrs. Mario Lopez for a hot minute) Ali Landry is opening up about motherhood and body image in the new edition of The Bump. Basically, don't expect to see her in a bathing suit anytime soon after popping out a kiddo like those other stars who seem like they have something to prove.

"It's frustrating for me when I see moms in Hollywood on a magazine three months after having a baby in a swimsuit. It's really just not realistic for most moms, it just isn't. For me, personally, it takes nine months to put on that weight and it really takes nine months to take it off," says the mother of a son and daughter (with another one on the way!)

Talking points

Statham to get engaged to hot girlfriend

Jason Statham, The Word's second-favorite bald man next to Bruce Willis, is going to make it official with girlfriend Rosie Huntington-Whiteley, according to Us Weekly.

"I hear he'll propose soon," a source tells the magazine. The two have been dating for more than three years. "Their connection is very serious and physical." And Huntington-Whiteley herself clearly isn't bothered by their 19-year age difference. "I'm not interested in hanging out with boys," she recently said in an interview with Edit. "I have all the man I need."

George Clooney is on the market

My favorite piece of blond George Clooney arm candy, Stacy Keibler, is no longer his fancy plus one.

The two reportedly parted ways and have been trying to keep the split under wraps for as long as possible, according to Radar Online.

Don't worry, Stacy. We're sure there is a reality TV diving show in your future.

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Feeling blue? Not these pants

White hot

1 Kelly Brook was spotted heading out on June 26 in London.

Flower power

2 Jessica Szohr donned these floral-printed pants at the premiere of "Star Trek Into Darkness" on May 14 in Hollywood.

Neon love

3 Naomi Campbell's mother **Valerie** took a break in Dusseldorf, Germany, on May 23.

Pretty in pink

4 Kristen Wiig posed in pink jeans at BBC Radio studios on June 20 in London.

Fashion forward

5 Esther Niko Seibt stunned in a pair of Laurel jeans at the Mercedes-Benz Fashion Week Spring and Summer 2014 on July 4 in Berlin.

Star shine

6 Dani Minogue rocked shiny pants in New York on June 20.

GETTY IMAGES

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Maya Rudolph co-stars in the Sundance fave "The Way, Way Back."
GETTY IMAGES

Rudolph's secret weapon

Interview. California girl Maya Rudolph talks about what came in handy for "The Way, Way Back."

Maya Rudolph has learned to be careful about giving herself a nickname around Sam Rockwell, as he apparently wouldn't stop working one particular moniker into conversation during interviews for "The Way, Way Back," their new comedy. "I referred to myself earlier in the afternoon as Mrs. Funbags, and it has not seemed to cease — which by the way, I'm very happy about," she says. "Not to mention it came out of my mouth. But I'm enjoying it. I hope when we're 80 I am known as Funbags."

Goofing off comes naturally to her. Most of the adult cast of "The Way, Way Back" — including Rockwell, Steve Carell, Allison Janney, Rob Corddry, Amanda Peet and Toni Colette — have backgrounds in improvisation, which was handy since co-writers and directors Nat Faxon and Jim Rash are big improvisers themselves. "It's more just like a natural part of Jim and Nat, so I knew it would come out here and there," Rudolph says. "But it wasn't necessarily like a 'Waiting for Guffman,' like a completely improvised movie — although that would be fun, too. It's just a natural … weapon. You bust it out. It's like nunchucks. I always carry nunchucks."

Yes, she insists, comedy is a weapon. "Sometimes a delicate weapon."

Rudolph and her co-stars speak fondly of their experience filming "The Way, Way Back," which is understandable since the film — set during summer vacation in a Massachusetts beach town — was also filmed during summer vacation in a Massachusetts beach town.

"It was rough, getting paid to eat lobster rolls," Rudolph jokes. "Yeah, New England summer is really pretty idyllic. Especially being there for the Fourth of July and being there with friends. [Faxon and Rash] wanted this experience to be what summers growing up on the East Coast were supposed to be. You really felt that the whole time we were making it. I think East Coast people — New Englanders especially — really appreciate summer. They don't take it for granted like we do out [in California]. It's like, 'Let's do this! It's time to get wet and burned and eat some stuff.' And then it's going to get cold again."

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App appeal

Shaping young minds

"The Way, Way Back" is a coming-of-age story for its 14-year-old protagonist, Duncan (Liam James), and on the set of the film James had an impressive handful of adult actors to help him come of age himself. At least Rudolph tried to keep it clean.

"We got into some stupid [iPhone] apps. That was my contribution to his youth — I introduced him to stupid apps," she says of her time goofing off with James. "There was a photo one, maybe it was OldBooth. I always turn people on to OldBooth. It's the one where you can stick your face into an old high school photo — like '50s, '60s portraits — and then you have, like, a crazy afro. It's enjoyable and it's G-rated."

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The Front Bottoms bring back some serious fun to music

Music. The acoustic punk duo answers life's big questions.

The Front Bottoms are not fronting. / MARK JOWARSKI

Quirky? Yes. But what did you expect from a band with an album titled "My Grandma vs. Pneumonia"?

But there's a serious side to the Front Bottoms, and perhaps that's why they're selling out shows across the country.

"The society we live in is a little intimidating, especially for a young person trying to figure out what is going on," says Front Bottoms front man Brian Sella. "All these crazy things are happening in this world — where do I fit in and what's my place?"

Case in point is the band's sweeping rocker, "Twin Size Mattress," a weighty look at the twilight of childhood with references to teenage drunken hijinks and a friend who spirals out of control. It's from the band's latest album, "Talon of the Hawk," which debuted at No. 3 on Billboard's Heatseekers Albums chart in May. "Hawk" has the air of fun spontaneity but with an underlying tone of maturity.

The Front Bottoms were founded by Jersey boys Sella and drummer Mathew Uychich, high school friends who teamed up in 2006. Despite being from Bergen County, next door to New York City, the duo would drive down to Philly to play the basements of Drexel University and the living rooms of Penn students early in their career.

"Manhattan is a rough place for a two-piece pop-punk band, so Philly became a regular spot that we would go and play," Sella says.

Sella and Uychich have recently added a bassist and guitarist for the live show.

"I think people like that me and Matt started the band, and we went on tour and we're, like, living the dream, and we never gave up on it," Sella says. "In the end, we're playing the songs we wrote and people are singing along. It isn't very complicated, and it feels good."

If you go

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Eraserhood keeps Philly forever weird

Art show. "Eraserhead" is celebrated in the neighborhood in which it was shot.

A replica of "Eraserhead" star Jack Nance's face graces Philly's "Eraserhood." / LAURA JANE BRUBAKER.

If you're going to throw a party that celebrates the oddities of David Lynch through film, stage and gallery, PhilaMOCA — The Philadelphia Mausoleum of Contemporary Art — would be just the spot to do it. The art venue, once a showroom for tombstones, sits in the heart of Eraserhood — an area once home to Lynch himself, and an inspiration for his movie "Eraserhead."

PhilaMOCA's Eraserhood Forever (and Ever) pays homage to the man and the city, and it's attracting all the weirdos.

Last year was the first run of the Lynch fanatics' dream party. But its popularity demanded an encore. "Last year's response was pretty unreal," says Chip Schwartz, who is curating the art portion of the show. "It really showed how much love for surreal cinema and art still pumps through the city's veins."

PhilaMOCA director Eric Bresler says he thinks the greatest success of last year's event was capturing the mixture of comedy, drama and creepiness that embodies Lynch's films.

If you go

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"Eraserhead" and its shooting location inspires art of its own.
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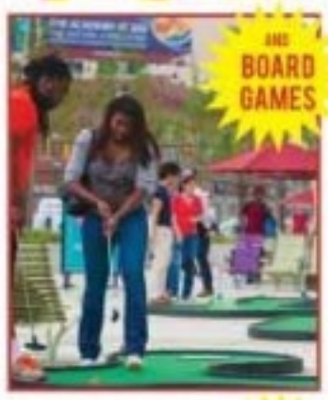

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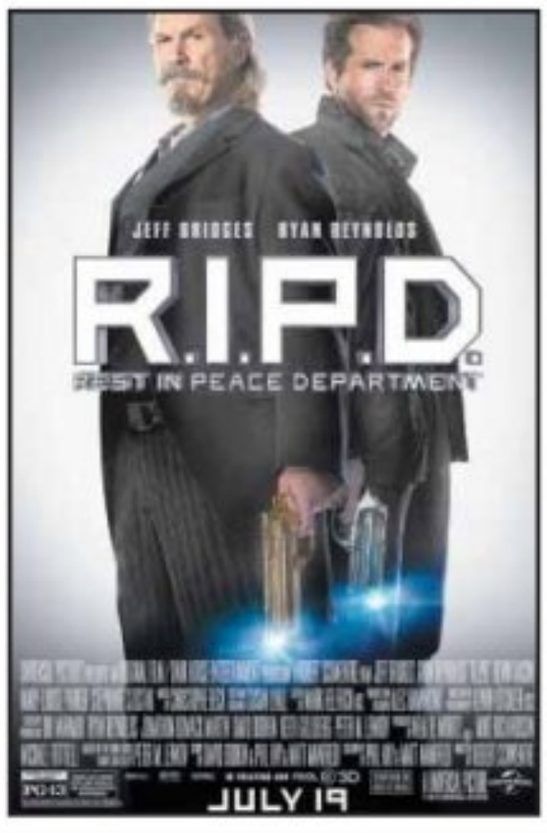

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TV watch list

COMEDY

'Camp'

This is a new comedy/drama series about a sleep-away camp, which we're hoping will be as funny as "Wet Hot American Summer," but will probably not be. Also, Tom Green stars in it as a counselor in training. Spoiler alert: It's not THAT Tom Green.

SERIES PREMIERE, 10 P.M., NBC

This is not the Tom Green from "Freddy Got Fingered." / NBC

DRAMA

'The Bridge'

This new show, starring Diane Kruger as an autistic detective investigating the grisly work of a serial killer along the Mexican border, should give us our mid-week murder fix in between "Dexter" episodes. And, honestly, it looks like it could be a really good show. **SERIES PREMIERE, 10 P.M., FX**

REALITY

'The Challenge: Rivals II'

Our all-time favorite show about washed-up MTV reality stars who are no longer capable of holding down real-life jobs and thus must compete (and fight and have sex) on MTV for a nominal amount of money is back! This show is the ultimate guilty pleasure that keeps on giving.

SEASON PREMIERE, 10 P.M., MTV

EDUCATION

'Through the Wormhole' with Morgan Freeman

We're tuning into this installment of the Freeman-narrated series, which explores whether robots one day might take over the world. Real talk: If the zombie apocalypse doesn't end us all, that will. **10 P.M., SCI**

ALEXANDRA CAVALLO

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Global Use

A new Icon coming to Center City

Living. 1616 Walnut Street is being transformed into a luxury apartment building.

Which is most iconic in Philly real estate, the ubiquitous South Philly rowhome with mirrored doors and flowered wallpaper, or the rambling old Victorians in West Philly? Or take a look at the city's "new" neighborhoods, like Northern Liberties, where uber-modern, eco-friendly dwellings are all the rage.

Of course, in the heart of Center City — at, say, 1616 Walnut St. — all the space is already taken up and the architecture is firmly in place. So in come the historic restorations.

The art deco 1616 Walnut, former site of the Pew Trust and once home to John Pew, is being transformed into Icon, a high-end apartment building with more than 200 units, indoor parking, and more than 20,000 square feet of retail.

Three companies are leading the development: Alterra Property Group in Florida, Federal Capital Partners in Washington, D.C., and Cross Properties of Philadelphia. We asked Leo Addimando, managing partner at Alterra, what it's like to work with so many cooks in the kitchen.

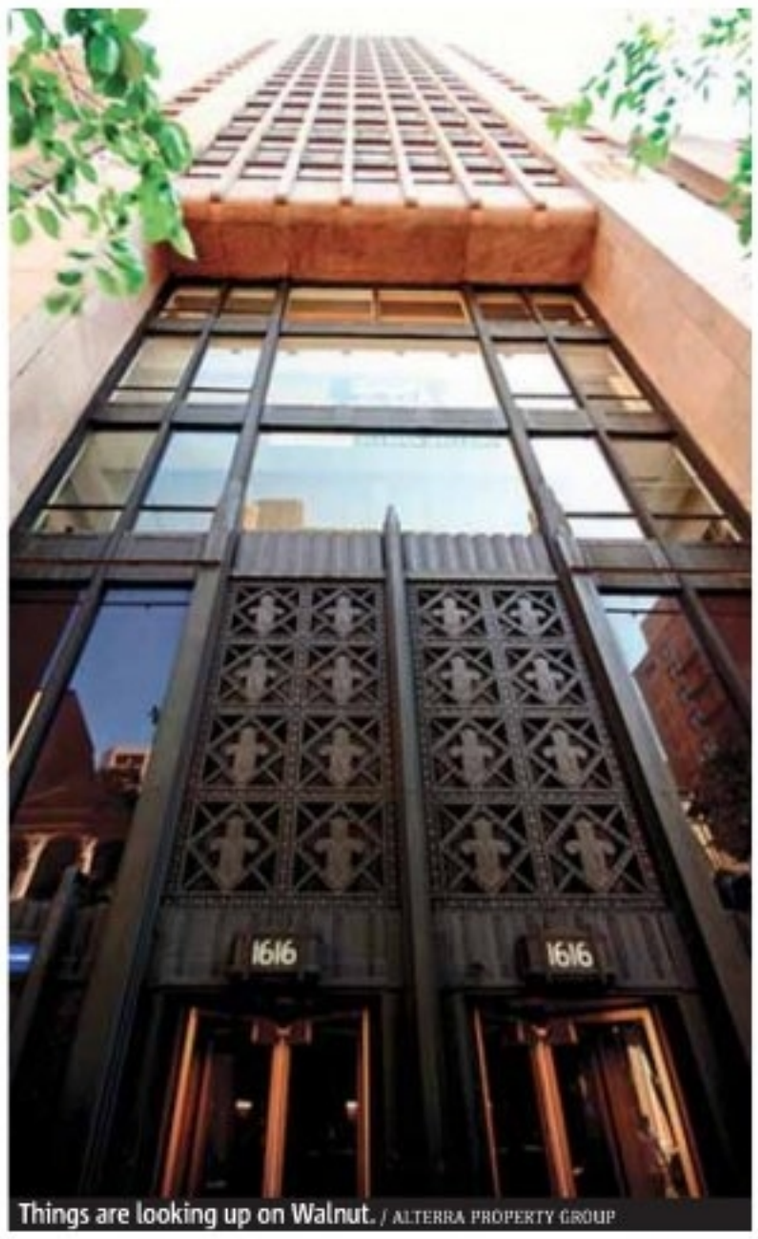
"Everyone has certain responsibilities," he explains. "The groundwork is being done by the local companies, and Federal Capital is providing oversight and expertise.

"It's an extensive project," he adds, mentioning the challenges that come with rehabbing a historic building. "There are various levels of restorations, and all historic elements are being looked over."

Part of the interior restoration and "adaptive reuse," Addimando says, includes restoring the old John Pew apartment on the 25th floor and the Pew offices one floor below to fit the feel of the new Icon.

The companies expect the lavish building to be move-in ready in the first quarter of next year. "I would argue that up until recently there haven't been many true luxury apartments in the city. Luxury condos, yes, but not apartments," Addimando says. We're keeping our eyes peeled for followers.

JULIA WEST
letters@metro.us



Things are looking up on Walnut. / ALTERRA PROPERTY GROUP

PLUS

The details

Icon's amenities

A few of Icon's amenities include gourmet demo kitchens, a yoga studio and a pet-grooming station. But according to Addimando, it's the rooftop common space that will set the building apart. "It'll be restored and enhanced to allow for outdoor barbecues, an indoor catering kitchen, lounging and sunbathing areas — and it'll be open year-round," he says.

Quoted

"I would argue that up until recently there haven't been many true luxury apartments in the city. Luxury condos, yes, but not apartments."

Leo Addimando, managing partner at Alterra Property Group

Housing market

Completed US foreclosures decline from a year ago

Fewer U.S. foreclosures were completed in May compared with a year ago, while the number of houses in the foreclosure process also declined as the market continued to heal, data analysis firm CoreLogic said. There were 52,000 foreclosures completed, well below the 71,000 in May last year, CoreLogic said. Even so, that was up from 50,000 in April 2013. Prior to the housing market's collapse, completed foreclosures averaged 21,000 a month between 2000 and 2006. There have been approximately 4.4 million foreclosures finished since the start of the financial crisis in September 2008, the report said. Foreclosures are completed when a home is either seized by the lender or sold at auction. REUTERS

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New for your kitchen

Improve your time spent whipping up meals with these. TINA CHADHA

1 Mrs. Meyer's Clean Day: Radish

Radishes are taking over farmers markets right now (we're especially smitten by the pretty pink watermelon variety.) But you don't have to love eating the slightly bitter veggie to bring it into your home. Mrs. Meyer's Clean Day recently released the scent, radish, to its line of eco-friendly cleaning products. The cheery red packaging will help ease the pain of the pile of dishes waiting for you. **$3.99-$7, www.mrsmeyers.com**

2 Trudeau Over-the-Sink Cutting Board

Perfect for us city dwellers with size-challenged kitchens, Trudeau's new cutting board sits over the sink to maximize work space and has a built-in bowl to hold one ingredient while we get to the next. But a heads up — it's a little rickety when used on a counter. **$26.99, www.shoptrudeau.com**

3 Dreamfarm Chopula

Australian brand Dreamfarm strives to solve problems in the kitchen. And while they haven't found someone to do the cleanup, their latest spatula will speed up your cooking time. The Chopula is flexible enough to slide under and flip your pancakes and eggs, yet rigid on one side so you can chop foods directly as they're cooking in the pan. Even better, the utensil is designed with a bend in the handle, allowing it to sit up on the countertop sans spoon rest. **$15.95, www.dreamfarm.com**

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Trend of the week: grown-up overalls

They probably haven't been among your wardrobe staples since your were a toddler, but it's time to give overalls a second chance. The style has evolved beyond baby cord and paint stains, and has grown into a much sleeker look. Overalls have become the canvas, with brands painting stripes or dipping florals into dye. Pair printed versions with pointed heels for an office-smart look. But if you're a casual kind of girl, you're in luck, as denim is as popular as ever. Here are some of our favorites. **KATHRYN GILBERT**

1

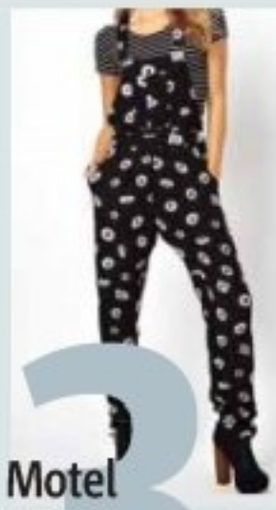
House of Hackney

Silk Velvet Dungarees, $552, www.asos.com

J Brand

5030 Slouchy Overalls, $449, www.jbrandjeans.com

2



3

Motel

Eddie Dungaree Jumpsuit in daisy print, $102, www.asos.com

Topshop

Jumpsuit, $110, www.topshop.com

4

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(But, remember, he wasn't always an old ugly man - once, he was just ugly)

Aliza Sherman and Danielle Smith wrote "Social Media Engagement for Dummies." / SUZANNE SUTCLIFFE

Human connection

Social media. Aliza Sherman and Danielle Smith talk about improving social media tactics.

It's fitting that Aliza Sherman and Danielle Smith first connected on the Internet. Their meeting at a blogging conference in 2010 produced the duo's first joint effort, a guide to balancing family and work, "Mom: Incorporated." Now, Sherman and Smith have reunited for their new book, "Social Media Engagement for Dummies." They've also embarked on a "Savvy. Social. ENGAGE!" tour, a campaign of "tweet ups," seminars and events.

What advice do you give to people who want to develop their personal brand on social media?
Smith: One of the things I love about the book is, it's broken down into digestible sections about the theories, and then we go into the individual platforms. Each of those individual platforms has access and community-building opportunities. We hope that we made it very accessible for people.

What are your favorite platforms to use?
Sherman: For my clients, the most effective platform so far has been Facebook. As much as I adore Twitter, I have to give my clients the right tools for them. Facebook wins because of the ultra connectivity.

CHRIS LONGO
letters@metro.us

LIKE APPLES AND... APPLES

Multiplatform games are all the rage. From an economic standpoint, it makes sense: Why buy the cow when you can, uh, spread the milk to different devices and increase your market share? The DIY spirit of the Apple Store, however, means their devices end up getting plenty of exclusive content. Here is some!

'Demon Chic'

System: iPad
Company: Beret Applications
Cost: $5

The coolest part of the Apple Store is seeing what off-the-radar developers can come up with when they aren't facing down a boardroom of concerned investors. "Demon Chic" may be the strangest game to ever grace the platform.

It's sort of a turn-based RPG, sort of a word game

Sidescroller

LAWRENCE BONK
LAWRENCE.BONK@METRO.US

and sort of a love letter to crudely drawn art, drugs and the slacker lifestyle. The game is messy, occasionally broken — yet still manages to be heaps of fun. The soundtrack is also fantastic, calling to mind the lo-fi "Adventure Time" productions.

'Scurvy Scallywags'

System: iPad/iPhone
Company: Beep Games
Cost: $2

Ever since "Bejeweled" started invading our retinas in 2001, match-3 puzzlers have been a staple of phones, tablets and PCs.

In this, "Scurvy Scallywags" is no different. In every single other thing, it's in a league by itself.

This game was headed up by Ron Gilbert, the creator of the legendary point-and-click adventures "Maniac Mansion" and "Monkey Island." Here he takes that sense of humor and topsy-turviness to the puzzle genre. Kookiness seeps from every pore of this game, from the ridiculous characters to the jovial and haphazard soundtrack. You'd be hard-pressed to find a better way to spend two bucks.

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HOW TO DROP UP TO 20 POUNDS THIS SUMMER

In order to lose weight, you have to find ways to trim calories — and every little bit counts. That's why I came up with five super-simple tricks that can add up to a whopping 20-pound weight loss by the end of summer.

1 Lighten up your coffee
The trick: Swap cream for unsweetened vanilla almond milk and use just one packet of sugar.
The result: Do this every day and lose two pounds by the end of summer.

2 Slim down your sammy
The trick: Go topless — eat sandwiches and burgers without the top slice of bread and nix the cheese. Also, cut out the mayo and spread on mustard, hummus or hot sauce instead.
The result: Do this every day and drop six pounds by the end of summer.

Joy's Healthy Bite

JOY BAUER
WWW.JOYBAUER.COM
Health and wellness expert for the 'Today' show and New York Times best-selling author.

3 Dilute your pasta
The trick: Cut half the calories by adding equal parts veggies and pasta (one cup pasta + one cup veggies) instead of two cups of noodles. The best part about this swap is that you get the same satisfying volume of food, just without all the extra calories. Plus, the veggies pump up the nutrients in addition to bulking up your meal.
The result: Do this three times a week and drop two pounds by the end of summer.

4 Sip skinny
The trick: Nix calorific soda, sugary iced tea, lemonade and straight fruit juice. Instead, mix one shot of fruit juice into naturally flavored seltzer. Look for flavor-infused sparkling water in your grocery store and grab your favorite 100 percent juice. Adding 2 ounces of juice to 16 ounces of bubbly water is just 30 calories, compared to the 200 calories found in just straight juice. You get the same fizzy texture without the empty calories.
The result: Make this swap twice a day and drop three pounds by the end of summer.

5 Make your own fro-yo
The trick: Instead of splurging on a medium frozen yogurt with two toppings (like granola & chocolate chips) every afternoon or evening, try sticking a non-fat, flavored yogurt in the freezer for 15 minutes (no longer or it gets too hard). Simply top your homemade fro-yo with a tablespoon of chocolate chips and dig in for a fraction of the calories.
The result: Do this every day and lose seven pounds by the end of summer.

For more weight-loss tricks, visit joybauer.com and follow Joy on Twitter (@joybauer), Facebook (facebook.com/JoyLBauer) and Pinterest (pinterest.com/joybauerhealth).

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Differences in what you drizzle

Health. Not all are created equal. Here's a primer.

With so many cooking oils on store shelves, which is the best for you? Registered dietician Marla Heller, author of "The DASH Diet Weight Loss Solution" and "The Everyday DASH Diet Cookbook," gave us the slick truth.

Olive oil

"I always go with what's been proven over periods of time," Heller says. "In the Mediterranean, there are lower rates of heart disease and breast cancer, and they use olive oil. It's monounsaturated — the kind that's healthiest." The wonder pour's only caveat? "It shouldn't be heated to high temperatures," she says.

More from Heller

On some popular oil supplements:

- **Flaxseed:** Not so fast, she says: "I'm a fence-sitter on flax. It is high in alpha-linolenic acid, which is essential for health and is anti-inflammatory. But the body isn't going to convert as much ALA from flax as it is from fish oils."
- **Wheat germ:** Heller's a fan: "It is high in vitamin E, and you can add it to some foods."
- **Evening primrose:** Long used as a supplement, she says: "It has proven to have benefits."

Soy, corn and canola oil

"These can be used for higher-temperature cooking, and are neutral-tasting oils, so they're good for baking," Heller says. But don't go crazy: "You don't want to use these too often because they're high in Omega 6, which is a polyunsaturated oil and is thought to raise inflammation. [Inflammation] is behind so many diseases, including heart disease."

Sunflower oil

"This is high in polyunsaturated fats, which in the 1970s were thought to be healthy," she says. "Polyunsaturated do lower blood cholesterol, but the thinking now is that they potentially increase inflammation. Personally, I'm skeptical."

What you pour can make all the difference. / GETTY IMAGES, MONKEY BUSINESS

Coconut oil

"There's been a lot of hype about it over the past few years," Heller says. "It has a high level of saturated fat. Places where it's used as a main source for cooking have a higher level of obesity, diabetes and heart disease. I think it can be problematic for people with high cholesterol."

LINDA CLARKE
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A day in the life of Dr. Oz

Think you're busy? Get a load of how the TV host (and still-practicing surgeon!) spends his days.

Tune into "The Dr. Oz Show" at 11 a.m. and 4 p.m. on FOX. / SONY PICTURES TELEVISION

In addition to hosting his Emmy-winning eponymous talk show, Dr. Mehmet Oz still has time to be a practicing cardiothoracic surgeon. How does he juggle it all? Here's a look at his schedule.

5:45 a.m.: Rise and shine
Upon waking, Dr. Oz does a 10-minute workout "which is mainly yoga, with some calisthenics," he says. "I change those calisthenics a bit, but they're essentially core work, so sit-ups, push-ups, etc."

7 a.m.: Get to work
After a morning shower, Dr. Oz commutes by car from his home in New Jersey to his TV studio in New York. "I'm here by like 5 of 7 because at 7 o'clock every morning, we start our meetings," he says. Dr. Oz tapes two shows a day and preps for both at the morning meeting: "We troubleshoot [and make any] last changes," he says. For breakfast, it's Greek yogurt, berries and a green juice he makes the night before.

8:30 a.m.: Rehearsal
"I rehearse for an hour, and then I run back to the hardest part of my day, which is hair and makeup. Guys can't stand that stuff — you have to sit still for 15, 20 minutes."

10 a.m.: Showtime

12 p.m.: Lunch
Dr. Oz's genial spirit comes through when he tells us about the cauliflower his wife, Lisa, made him for lunch: "Here, eat that," he says, offering us a bite.

12:30 p.m.: Meetings
Dr. Oz's life may sound glamorous, but he's still got to attend meetings just like the rest of us.

1:30 p.m.: Rehearsal for the second show

3 p.m.: Second show

5 p.m.: Final touches; prep for upcoming shows
After both of the day's episodes are taped, Dr. Oz records voice-overs and promos for the local markets. "[What] people don't realize about television is it's a very local business," he says. "It's a national show, but you have to help the local people win their markets. You've got to give them stuff to help them tell the story." He also meets with his producers about the coming week.

7 p.m.: Dinner
Dr. Oz heads home and settles into dinner with his four kids and Lisa, a vegetarian, whom he calls "a great chef." What's on the menu at Chez Oz?

"She makes a great pasta [with] different kinds of pesto sauces, arrabiata sauces — she's really good at making that stuff come alive. ... She makes vegetables taste out of this world."

8 p.m.: Unwind; prep for the next day's shows
"I rarely go out on weekdays, because I like to be rested for the next day," he says. "When I get home at night, I have the scripts, so I'll go through those, and I'll study my medical notes." Dr. Oz cops to a "terrible memory," but prepares himself by focusing on what he wants his viewer to take away from each show.

10:15 p.m.: Lights out
"I'm always in bed by 10:15," the doctor says. "It's the most important thing I do. … The No. 1 mistake we make in America is not sleeping."

MEREDITH ENGEL
meredith.engel@metro.us

More on Mehmet

About that other job ...
With such a hectic schedule, it's easy to forget that Dr. Oz is also a practicing surgeon. How he makes it all work: He doesn't tape on Thursdays, instead spending the day at Columbia University Medical Center. Also, during the summer, his TV show doesn't tape, so he can work more at the hospital.

And just because he's Dr. Oz doesn't mean you have to wait years to get an appointment: "It's busy, but people get in," he says. "You have to wait a couple weeks, but it's not months and months."

Weekends with Dr. Oz
"I rarely leave my house on weekends," says the doctor, who calls himself a "complete hermit." "I just love, for roughly 48 hours, decompressing completely with no real worldly concerns, because during the week you're going full speed." On his agenda? Sports ("I play a lot of basketball and tennis"), outdoorsy activities and movies with the family. And though Dr. Oz rarely drinks alcohol during the week, he does enjoy tequila on the weekends.

Always in his bag: nuts

Hazelnuts and cashews are his standbys, he says. "I go through them pretty quickly."

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Horoscope

♋ Cancer | June 21-July 22. Your enthusiasm is likely to be contagious when associates witness your zest for life.

♌ Leo | July 23-Aug. 22. Interesting events could generate additional earnings or income for you. You'll drum up some new ways to acquire business.

♍ Virgo | Aug. 23-Sept. 22. What makes you such a good salesperson is that you won't sell anything that you don't believe in. Your prospects will admire your credibility.

♎ Libra | Sept. 23-Oct. 22. Don't be afraid to allow your generosity to prevail over your practicality.

♏ Scorpio | Oct. 23-Nov. 21. Even though you are likely to feel a strong need for companionship, be very careful about whom you choose to spend time with.

♐ Sagittarius | Nov. 22-Dec. 21. If your goals seem easy to achieve, it will be because you haven't been motivated by selfish urges. Things always seem easier when we like what we're doing.

♑ Capricorn | Dec. 22-Jan 20. You might be able to put something you recently learned to good use. It could have to do with maintaining a relationship.

♒ Aquarius | Jan. 21-Feb 18. It might take a second or even a third effort to achieve an important career objective, but it will be well worth it.

♓ Pisces | Feb. 19-March 20. Your appreciation for all points of view places you in the role of peacemaker. You'll have plenty of chances to use your gift.

♈ Aries | March 21-April 20. Harmony in the workplace will pay off for everyone involved. Once a positive example is set, everyone will happily follow suit.

♉ Taurus | April 21-May 21. Being the smart person you are, you'll know that the best way to silence a griper is to smother him or her with affection.

♊ Gemini | May 22-June 20. The greater part of your efforts will be directed toward providing more for your family or co-workers.

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Sudoku: Easy and hard

8	9				6		1	2
				9			6	3
			4					
2				6		3	7	
3			9	2	8			6
	6	4		1				9
					3			
1	7			8				
6	3		2				5	7

5		3	2	9				4
	1		5	7			8	
		7		8		1		5
	7		6					
				3				
					5		4	
2		1		5		6		
	6			2	9		7	
7				6	4	2		8

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Don't count chickens until it's all over

Re: 'Afford due process' (Metro, July 8)
To letter writer Kevin Metz, I would say he should follow that same advice. I have followed the trial and there are numerous discrepancies in Zimmerman's various accounts of his very avoidable killing of a teenager armed with a bottle of soda and a bag of Skittles.

Zimmerman in one version of events said Trayvon Martin jumped out at him from some bushes, while in a videotaped accounting of events there are no bushes in the actual area.

KEVIN VALENTINE, VIA EMAIL

Letter writer Kevin Metz apparently hasn't been watching the Zimmerman trial with an open mind himself. Zimmerman has claimed he killed Martin in self-defense, despite the lack of evidence or witnesses that he was ever in danger, plus the mounting evidence that he was the aggressor from the start.

That he's maintained his story is not surprising given the charges against him. To plead otherwise would be to confirm he's at best an irresponsible, trigger-happy idiot, and at worst a murderer. In his shoes, which way would you plead?

JOSEPH CONNELL, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

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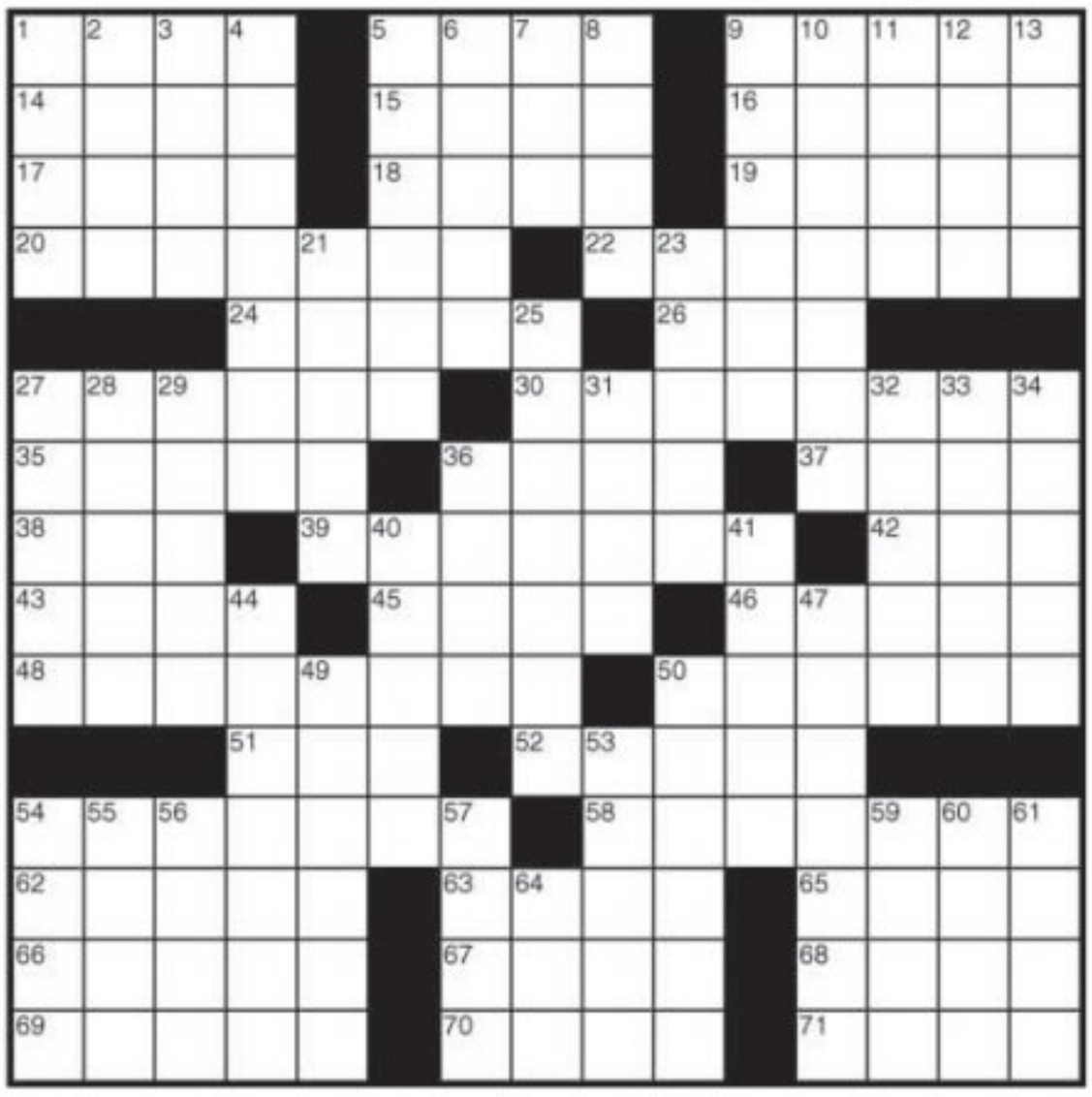
17 Plaid garment
18 Woes
19 Get soft
20 Performing (2 wds.)
22 Water or alcohol
24 Form of oxygen
26 DI, twice
27 Pro golfer Amy
30 Sang along (2 wds.)
35 Cultivate
36 Didn't spoil
37 Night attire
38 1040 agcy.
39 To the point
42 Lawn cover?
43 S&L customer
45 Seeger or Sampras
46 The "Rumba King"
48 Closet item
50 Sacred poles
51 Estuary
52 Lived
54 Stiff
58 Like the Cyclops (hyph.)
62 Writer Chaim --
63 Foreign visitors?
65 Broncos do it
66 Bizarre
67 Yield territory
68 French I verb
69 Reliance
70 Door openers
71 Fender nick

Down
1 Hammerhead kin
2 Cheshire Cat, finally
3 Brooks and Ferrer
4 Indelible designs
5 Faucet
6 Ms. DeGeneres
7 Sushi morsel
8 M, to Einstein
9 German capital
10 Noted Hamlet portrayer
11 Trick
12 Hagman co-star
13 Parking-lot mishap
21 Ancient Mexican
23 Leaves unmentioned
25 Bailed out
27 Diva's tunes
28 Type of conifer
29 Kid who rode Diablo
31 Aunt Bee's charge
32 Be evasive
33 Hardhat's support (hyph.)
34 Frog relatives
36 Trouser part
40 Ms. Winfrey
41 Mademoiselle's school
44 Night frights
47 Said
49 Price tag
50 Gets nervous
53 Folk singer — Guthrie
54 Pickle or jam
55 Circuit
56 Bering Sea island
57 Oh, gross!
59 Hairy humanoid
60 Pull down
61 Remnant
64 Doctor's payment

Yesterday's answer



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3 SPORTS

Say what?!

Joba to Phillies?

The New York Daily News is reporting that the Phillies are interested in swapping Michael Young and/or Carlos Ruiz for Yankees reliever Joba Chamberlain. It's a strange rumor since Chamberlain is a free agent after the season. Plus, the move wouldn't provide much salary relief for the Phillies.

Union try picking up pieces after bad week

Amobi Okugo has stepped up in Jack McInerney's absence.
GETTY IMAGES

MLS. The club is clinging to third place in the Eastern Conference with Chivas USA on deck.

While the city was celebrating with mesmerizing fireworks exploding over the skies last week, the Union were in disbelief after they let yet another game get away. The club couldn't muster an ounce of offense in a 1-0 loss to Houston on July 6.

After a disheartening 2-2 tie to FC Dallas in late stoppage time on June 29, the Union again couldn't hold the lead late in a 2-2 tie to Real Salt Lake on a penalty kick in extra time on July 3.

Despite the setbacks, the Union sit in third place in the Eastern Conference. However, they have settled for a total of just two points in the past three matches.

Moving forward

"In the past, we've been able to pick ourselves up after a rough stretch."

Okugo, on the club's recent struggles

Defensive midfielder Amobi Okugo tried to make sense of it.

"It's tough to not be able to capitalize and get some points, especially in the game at home against Dallas," said Okugo. "We had three points in our grasp and, unfortunately, we gave up a soft goal late. The Eastern Conference is so tight this year, but in the past we've been able to pick ourselves up after a rough stretch and get some wins, and I'm confident we can do that now."

Okugo, along with Jack McInerney, is considered one of the Union's most promising young players. Just last year, ESPN rated him as the eighth-best soccer player in America under the age of 21. In McInerney's three-match absence to play in July's CONCACAF Gold Cup, Okugo has stepped up his intensity.

"It feels good to be recognized for your talents," Okugo said of the ESPN honor. "I'm just trying to continue to develop as a player and continue to do the things that have gotten me this far."

JEFF MCMENAMIN
sports@metro.us

MLB

Phils demote Aumont again

The Phillies optioned reliever Phillippe Aumont to Triple-A Lehigh yesterday and bought the contract of Luis Garcia.

Aumont has struggled with his command. He pitched in six games after being recalled two weeks ago. Garcia has a 1.29 ERA in Triple-A. METRO

NBA

Cavs offer Bynum deal

Cleveland has offered Andrew Bynum a two-year contract, according to ESPN.

The deal would pay Bynum $12 million annually. He's scheduled to meet with the Hawks and Mavs. METRO

NFL

Stafford signs extension

Matthew Stafford is set to ink a three-year contract extension worth $53 million, according to ESPN.

The new deal will pay the Lions QB $43 million in guaranteed money and run through 2017. METRO

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Lindros out, Shero in the Hall of Fame

NHL. The bench boss for the 1970s Broad Street Bullies finally gets Hall call.

Brendan Shanahan, Chris Chelios, Scott Niedermayer and Geraldine Heaney were voted in as players yesterday by the Hockey Hall of Fame's 18-member selection committee.

Eric Lindros, a six-time All-Star, was not. One of the greatest and most polarizing figures in Flyers history, Lindros scored 372 goals and had 493 assists in 760 games.

This was Lindros' first year of Hall eligibility.

Fred Shero, who coached the Flyers to two Stanley Cups (1974 and '75) was selected as a member of the Builder category as part of the 2013 Hall of Fame class.

He was the first coach to win the Cup with an expansion team. Shero died in 1990 after a 10-year coaching career.

"I am thrilled to hear that Fred Shero was elected to the Hockey Hall of Fame," Flyers owner Ed Snider said in a statement. "Today's a happy day to celebrate the fact that a guy that deserves it immensely has finally been elected to the Hall of Fame."

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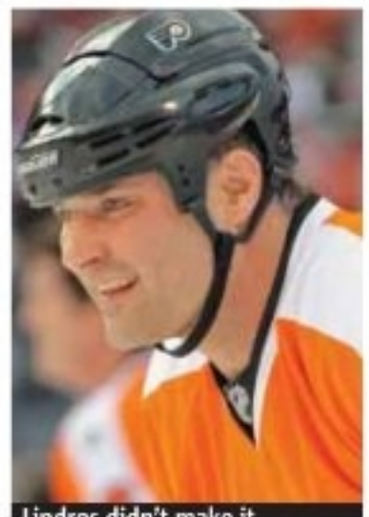

Lindros didn't make it.
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Brown out

Brown fine with Home Run Derby snub

Having the second-most home runs in the NL isn't enough to impress David Wright, apparently.

The Mets' third baseman is the All-Star captain, and he decided against adding Domonic Brown to the All-Star Game Home Run Derby.

"It's alright," Brown said. "I'm playing in the All-Star Game, which is a great honor. If I had to choose between playing in the Home Run Derby and the All-Star Game, I would go with the All-Star Game. It's all good. I don't have to worry about that [the Derby] screwing up my swing."

The shame is that Brown could have been a contender for the Derby crown. The Phillies' left fielder, with 23 home runs, puts on quite a show during batting practice.

"You have to be careful with him," Nationals pitcher Gio Gonzalez said. "He has so much power." ED CONDRAN

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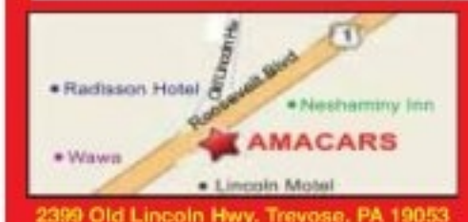

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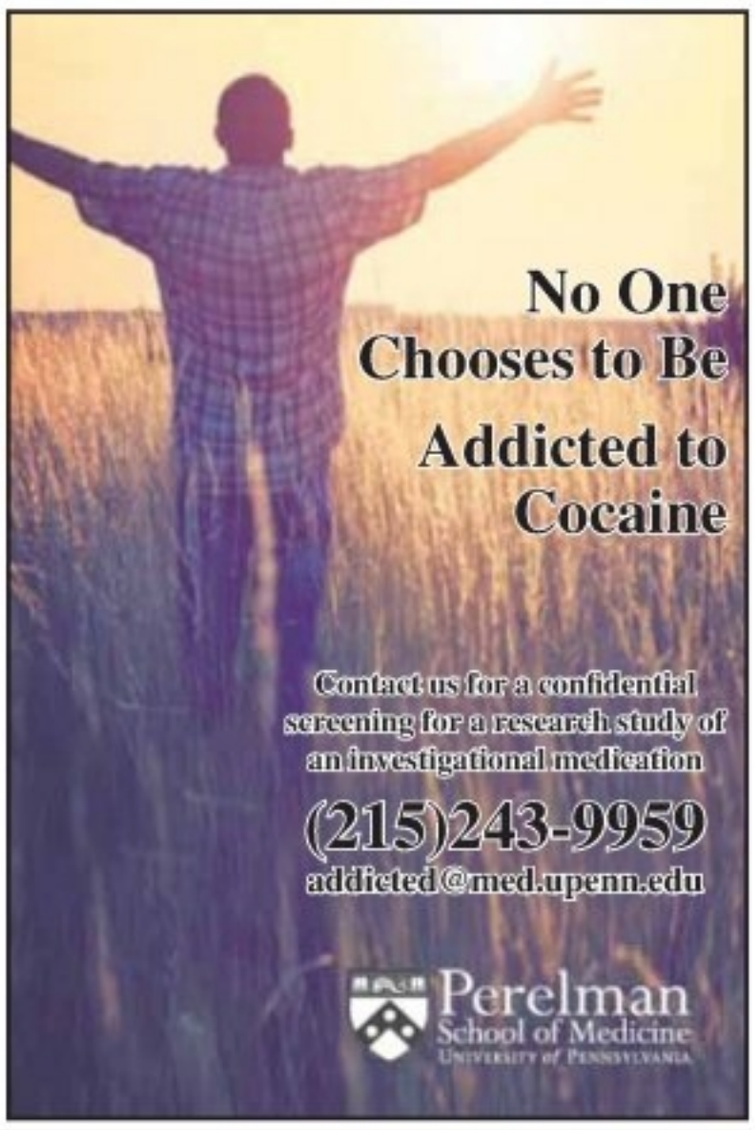
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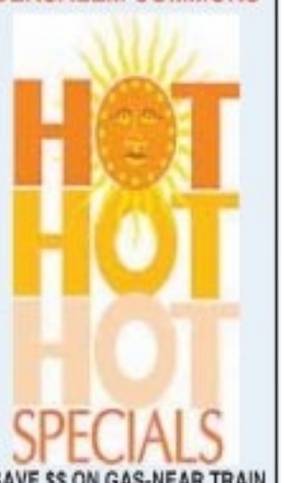

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